



Dear Parents,

RE: **28 MAY 2005 DIVISION 1 WALK**
DIVISION 2 BIKE RIDE

Last year we did an overnight ride in the Blue Mountains which proved to be very popular with the boys. This year we are planning a shorter ride for the Division 2 boys and a walk for the Division 1 boys this Saturday May 28.

We will meet at 7am sharp on Saturday 28 May at Hurstville station near the ticket office. We then plan to catch a train to Central Station and from there a train/bus to the Blue Mountains. Return fare is: \$12.30 adults. \$3.50 children

At Glenbrook we will split into two groups – Division 1 for the walk and Division 2 for the bike ride as follows:

DIVISION 1 - WALK

Division 1 will get off the train at Glenbrook and walk down to the Blue Mountains National Park entrance. From there we plan to walk along one of the tracks and end up at Blue Pool for lunch.

DIVISION 2 - BIKE RIDE

Division 2 will get off the train at Woodford. From there we plan to ride along the Oaks Fire Trail and meet up with Division 1 for lunch at the Blue Pool. Total distance of the ride is about 30km and should take about 3 to 4 hrs.

About mid-afternoon we will make our way back up to Glenbrook station and catch a train back to Central, then return to Hurstville. Anticipated time of arrival at Hurstville is about 6pm.

IMPORTANT INFORMATION FOR THE BIKE RIDE

Because we are riding along a fire trail that is quite rough in places it is important that your boy's bike is in top condition. We strongly recommend that the bike is checked or serviced prior to the ride to minimize the chance of a breakdown on the ride.

Especially ensure that wheels (rims, spokes and hubs), tyres and brakes are in good condition. Tyres and wheels can take a pounding because of the rough terrain. It would not be pleasant to walk any distance because of equipment failure. Also, BMX and Road bikes are unsuitable for this trip. A mountain bike is the only alternative.

CHECKLIST

The following is a checklist of things needed for the trip:

For the boys

- Hiking/biking clothes
- Day Pack
- Sturdy shoes or mountain biking shoes.
- Lunch
- Raincoat
- Water –1 to 2 litres
- Bike gloves or Work gloves (cotton or leather)
- Raincoat.
- Money for train fare (\$12.40 adults \$3.50 children)
- Money for snacks
- Helmet (if biking)
- Bike/Work gloves (cotton or leather) (if biking)

For the bike

- Mountain Bike (not road bike or BMX) in good working order – especially tyres & brakes.
- At least one Spare Tube (of the right size to fit the bike!).
- Puncture repair kit.
- Tyre Pump.
- 5 spare spokes.
- Bike tool kit.

As always please contact us if you have any questions.

From the SWAG leadership
Your servants in Christ